



# 2016 CARDIO CLUB

**100 Miles or 200 Miles**

HHS Fitness Center/Fitness Programs Eligibility

SRPMIC Community members & family, SRPMIC residence, SRPMIC Tribal Employees, SRPMIC Enterprise Employees (Casino AZ, Talking Stick, Salt River Fields, DEVCO, Talking Stick Golf), Saddleback, Salt River Clinic and Boys & Girls Club (Red Mountain/Lehi branch).

**Registration from January 6 – January 15, 2016**

**At Salt River Fitness Center – building 32**

**Fill out registration form, do weigh-in, abdominal measurement & choose the distance you will be participating in.**

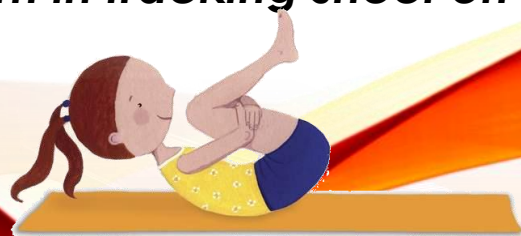
**Individual Participation – NO TEAMS**

**Start Tracking On Sunday, January 17, 2016. Program will end Sunday, March 27, 2016.**

**Earn you miles by walking, running, hiking, cycling, swimming, dancing and group exercise classes: aerobics, Zumba, HIIT, cardio kickboxing, yoga and more activities will be listed on activity/mile conversion table tracking sheet.**

**Bi-weekly Mile report, Weigh-in and Abdominal Measurement**

**Final measurements & turn in tracking sheet on Monday, March 28 or Tuesday, March 29, 2016**



**Question call SR Fitness Center 480-362-7320**